

GROUP FITNESS CLASSES

HEALTHQUEST



MAY 13 - 19

PARTICIPANTS MUST REGISTER FOR CLASS WHEN CHECKING-IN TO THE FACILITY. ONLINE AND PHONE-IN REGISTRATION NOT AVAILABLE.

13
MONDAY

14
TUESDAY

15
WEDNESDAY

16
THURSDAY

17
FRIDAY

18
SATURDAY

19
SUNDAY

POWER STUDIO *UPSTAIRS*

To access HQ@HOME VIDEO CLASSES visit napahealthquest.com

5:45AM	ABS		ABS				
6:00AM	PUMP Luma		PUMP Elizabeth		YOGA - Sculpt KELLIE		
7:00AM		FOREVER YOUNG Kellie		FOREVER YOUNG Kellie	FOREVER YOUNG Luma		
8:30AM	POWER CIRCUIT Hollie	JAM Margarita	KICK & CORE Myka	JAM Margarita	POWER CIRCUIT Alejandra	BARRE Myka	CORE FUSION Carol
9:30AM	PUMP Susan	BARRE Hollie	PUMP Teagan	BARRE Hollie	TRX CIRCUIT 60 Megan	PUMP Mary Anne	YOGA - Sculpt KELLIE
10:30AM		PUMP Alejandra		ROTATE & REJUVENATE Josh			
4:30PM	PUMP Megan	POWER CIRCUIT Sam	PUMP Carol				
5:30PM	TRX CIRCUIT 45 Nicole	PUMP Angela	CORE FUSION Erika	PUMP Carol			
6:30PM	JAM Jeff		JAM Cat				

CYCLE STUDIO *UPSTAIRS - CHECK IN/RESERVE BIKE*

6:00AM	20 MIN FTP TEST Elizabeth		SPIN STRONG Mike		VIDEO BEATZ Ashley		
8:00 AM						SPIN STRONG 45 Susan	
8:30 AM		SPIN STRONG 45 Liz	POP-UP! STAGES Megan	SPIN STRONG 45 Luma			
9:00 AM					SPIN & COMBAT Mary Anne		POP-UP! STAGES 60 Elizabeth
5:30PM	SPIN STRONG 45 Angela	VIDEO BEATZ 45 Teagan	SPIN STRONG 45 Angela	SPIN & CORE Susan			

ENERGY STUDIO *DOWNSTAIRS*

YOGA SCULPT CLASSES ARE HELD UPSTAIRS IN THE POWER STUDIO

6:00AM		YOGA -All Levels KELLIE		YOGA -All Levels KELLIE			
9:00AM	YOGA - All Levels KAT	YOGA/Soundbath 75min SUMMER	YOGA - All Levels JASPER	YOGA - All Levels WENDY	YOGA - All Levels JAN	STRETCH Susan	POP-UP - KAT PRANALINI
10:30AM	YOGA - Gentle KAT	YOGA - Gentle SUMMER	YOGA - YIN JASPER	YOGA - Gentle SARA	YOGA - Gentle WENDY	YOGA - All Levels SARA	YOGA - All Levels KAT
4:30PM				YOGA - Gentle WENDY			
5:30PM	STRONG FLOW - KELLY		HAPPY HOUR FLOW AL - SUMMER				
6:00PM		YOGA - All Levels JASPER		YOGA - All Levels JASPER			
7:00PM	YOGA - YIN STEPHANIE		YOGA - Restorative STEPHANIE				

SPORT STUDIO *DOWNSTAIRS*

5:45 AM		BOOT CAMP Ashley		BOOT CAMP Elizabeth			
9:00 AM	BOOT CAMP Elizabeth				RESERVED FOR SPIN & COMBAT 9:30-10:00	BOOT CAMP Sam	
5:30 PM	H.E.A.T. Josh		H.E.A.T. Josh				